

### Abstract of the Disclosure

A method to suppress appetite in a mammalian body comprising the steps of: stimulating the release of Ghrelin from stomach cells; depleting Ghrelin stored in Gastric cells of the stomach; and blocking a portion of any Ghrelin activity in the brain of the mammalian. The method may include blocking a portion of any Ghrelin activity in the bloodstream of the mammalian. The method may include the reducing of Gastric volume of a mammalian stomach by the steps of: reducing serum Ghrelin levels in the Gastric cells of said mammalian stomach. The appetite suppression may occur preprandially.